

Japanese Mapo Tofu Udon Noodles

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-map-tofu-recipe>

Ingredients:

- 2/3 pound pork mince
- 3 1/2 ounces firm tofu cubed
- 1 udon noodles if frozen, cook according to packet directions first
- 2 teaspoons garlic finely chopped or minced
- 1 teaspoon ginger finely chopped or minced
- 3 tablespoons soy sauce
- 2 tablespoons black bean sauce doubanjiang Chinese
- 2 tablespoons white miso paste
- 2 tablespoons mirin
- 1 teaspoon oyster sauce
- 1 teaspoon cornstarch
- 1/4 cup water
- 1 teaspoon sesame oil
- 1 tablespoon vegetable oil for cooking
- 1 spring onion / green onion optional garnish

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1210 milligrams
9. Sugar: 3 grams

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